

CLAIM LISTING

1. (Currently Amended) Training trousers, for use particularly in training improving muscular condition, to increase the stress of the training and including weights, which are formed of rubber or plastic-based material, characterized in the weights being formed of a heavy material, having a weight sufficient for effective muscular training, and are in the form of sheets that conform to the shape of the wearer's body and are located in the trousers on both sides extending downwardly from the waist to the front and back sides of the thighs as uniform plates.
2. (Previously Presented) Training trousers according to claim 1, characterized in that the sheet material is equipped on at least one side with fabric or cloth attached to it, which has padding properties.
3. (Previously Presented) Training trousers according to claim 1, characterized in that the sheet material is equipped with cuts or slits, in order to improve flexibility and comfort.
4. (Previously Presented) Training trousers according to any of the above claims characterized in that the pieces of sheet-like material forming the additional weights are located in pocket-like parts of the apparel, which can if necessary be opened/closed.
5. (Currently Amended) Training apparel, for use in training and improving muscular condition, to increase the stress of the training, the apparel comprising:

- a. trousers having a waist and two legs extending downwardly from the waist, each leg defining a thigh front, side and back portion;
- b. two weights sewn inside the trousers, each weight being formed of a uniform sheet of heavy rubber or plastic-based material having a predetermined effective training mass sufficient for muscular training, each weight being disposed on one side of the trousers and extending downwardly from the waist of the trouser to the bottom of the leg of the trouser, and extending from the front around the side and to the back of the thighs as uniform sheet plates, the weights conforming to the shape of the wearer's body, each weight sheet further having slits that permit sheet flex.